



## **Are You Caring For a Loved One? We're Here to Help...**

The need to provide care for a loved one happens for many reasons. It may be the result of a sudden illness, a hospital stay, or a gradual decline in a person's ability to meet their personal needs. Family caregivers play a critical role in providing supportive care to older people.

The National Family Caregiver Support Program was designed to meet the needs of family caregivers. The program offers support to help unpaid care providers locate and access services and provides assistance with handling the physical and emotional issues surrounding their caregiving role.

There are five main components to this program:



- Information to caregivers about available services
- Assistance in gaining access to services
- Individual counseling, support groups, and training for caregivers
- Respite care assistance to help caregivers take a break from their caregiving responsibilities
- Supplemental service assistance

Eligible caregivers must be:

- An adult family member or another individual who is an unpaid provider of in-home or community care to an older adult; or is
- A relative caregiver or grandparent, age 60 or older, of children no older than 18.

### **Caregiver Classes: *"Powerful Tools for You: Taking Care of the Caregiver"***

This 6-week class provides caregivers with the "tools" they need to be good caregivers. Assistance with communication skills, behavioral support, accessing local resources, and learning how to deal with the emotional side of the caregiver role are just some of the topics covered in the curriculum. Participants receive a great workbook to use as a future reference and strategies for helping to reduce stress. Call the Center on Aging at 608-723-6113 or 1-800-514-0066 for the next class schedule.

**Support Groups** offer an opportunity for people to talk and share with others who are dealing with similar experiences. In addition to emotional support, caregivers receive practical suggestions and current information on a variety of disease and health related topics.

For more information please contact the Center on Aging at 608-723-6113 or 1-800-514-0066.

